

**-Community Linking Programs-
“Linking You to Wellness”
2024**



**Leisure Programs for Adults with Addictions and/or Mental Health
Concerns**



The Wellness Network
www.WellnessNetworkEdmonton.com

Updated: April 2024

Background

In Edmonton, approximately one in five individuals has a mental health concern. Recreation and leisure opportunities are important components of maintaining good mental and physical health. The Community Linking Committee was formed to address the need for the provision of high quality, low cost community leisure programs for individuals with mental health concerns in the Edmonton area.

Purpose

To provide leisure programs for adults with addictions &/or mental health concerns (e.g. schizophrenia, major mood disorders), who would benefit from supportive leisure environments.

Objectives

- To introduce a wide variety of low cost community based activities
- To teach and develop leisure skills
- To provide an opportunity for socialization
- To increase awareness of leisure opportunities in Edmonton
- To increase community acceptance of persons with addictions & mental health concerns

Please Note

Programs run every day with the exception of the following:

- Statutory Holidays
- Two week break during the Christmas Holidays
- During extreme weather (colder than -23*, extreme heat advisories, air quality index advisories, tornado warnings, etc).

Please call program facilitator to confirm if the program is running that day if you are unsure.

Central/East Edmonton Programs

Commonwealth Aquafit

Meet new people while improving your fitness in the water! This program involves participating in a group based, shallow water aquafit class. Please bring swim wear and a towel. Please meet in the main foyer of CRC. The class starts at 11:00am so please arrive with time to change.

- Monday: 10:45am – 12:00pm
- Commonwealth Recreation Centre (11000 Stadium Road)
- Free with Leisure Access Pass
- For more info, please contact Vanya at 780-918-5308

Venture Out

Participants are provided with the opportunity to engage in a number of group/team style sport activities. All fitness levels are welcome. Please bring a water bottle and proper footwear. Please contact facilitator for the monthly schedule.

- Monday: 1:30pm – 2:30pm
- Drop in / No cost
- Location varies- see monthly schedule
- For more info, please contact Nikki at 780-884-2631

Boxing

Join us for group Boxing Class. Learn about the basics of boxing while working up a sweat! Please ensure you are dressed to be active. Please note: All bag drills take place on the second floor with no access to an elevator.

- Tuesday: 1:30pm – 3:30pm *Please note, group may arrive late due to ETS
- Westchester Amateur Boxing Club (11 Airport Road)
- Drop In/\$5 includes gloves and hand wrap rental
- For more info, please contact Ted (text prefer): 780-224-4857

Sport Check: Soccer ****ON HOLD****

Free for all levels! Join us for fun, exercise, snacks, drinks, and more!

- Thursday: 1:00pm - 3:00pm
- YMCA Boyle Street Plaza (9538 103a Ave)
- Drop In/Free
- For more info, please contact Mike at 780-903-9661

Explore Fitness

Meet new people while improving your fitness! Participate in yoga, cycle, and various types of strength based fitness classes as we explore the domains of fitness. All fitness levels welcome! Dress to be active.

- Wednesday: 10:00am – 11:00am
- Commonwealth Recreation Centre (11000 Stadium Road)-Fitness Studio #1
- Free with Leisure Access Pass- equipment provided
- For more info, please contact Caitlin at 780-860-2722 / Emma at 780-221-0800 / Kyla at 780-863-1184

Plaza Bowl

Join us for 5 pin bowling. Please ensure you bring a pair of socks. Please note this facility is located in the basement and there is not access to an elevator. Please note: the group takes ETS there so they may be a few minutes late arriving

- Wednesday: 1:30pm – 2:30pm
- Plaza Bowling Alley (10418 118 AVE)
- \$6.00- includes game and shoe rental
- For more info, please contact Dylan at 780-918-5651

Commonwealth Fitness + Recreation

Meet new people while improving your fitness level! This program involves a variety of physical activities including gym games, swimming, and using resistance and cardio machines. Please bring a water bottle, clean indoor shoes and comfortable clothing as well as swim wear.

Please meet in the main foyer of CRC.

- Thursday: 1:00pm – 2:00pm
- Commonwealth Recreation Centre (11000 Stadium Road)
- Free with Leisure Access Pass
- For more info, please contact Maria at 780-292-1813 or Kendra at 780-719-6584

Fun with Fitness

Meet new people while improving your fitness level! This program is a fun, instructor-led fitness class that incorporates different exercise equipment. Please bring a water bottle, comfortable clothing to exercise in, and clean, indoor footwear

- Friday: 12:00pm – 1:00pm
- Commonwealth Recreation Centre (11000 Stadium Road)-Studio 1
- Free- please let front desk know you're there for FWF
- For more info, please contact Nikki at 780-884-2631

South Edmonton Programs

Terwillegar Fitness

Improve your fitness level, learn about the equipment at the facility and meet new people. This group supports you with improving your overall fitness level and provides an opportunity to meet new people. The facilitator is at the program the entire time, and participants are welcome to exercise independently and ask questions as needed. Please bring a water bottle, comfortable clothing to exercise in, and clean, indoor footwear.

- Wednesday: 11:00am – 12:00pm
- Terwillegar Recreation Centre (2051 Leger Road)
- For more info, please contact Vanya at 780-918-5308

North Edmonton Programs

Social Scene

Join us for a coffee and a chat! Opportunity to connect in the community with others while building social skills.

- Tuesday: 2:00pm – 3:00pm
- Drop In/No cost unless you wish to make a purchase
- The Carrot Community Arts Coffeeshouse (9351 118 Avenue)
- For more info, please contact Nikki at 780-884-2631

Clareview Swim

Meet new people while experiencing the benefits of swimming. This program provides you with the opportunity to take part in relaxing, leisure swimming and socializing. All swim abilities are welcome! Please bring a towel, and suitable swimwear (may be made of different fabrics and styles as long as it does not interfere with safety or water quality). All swimwear must be clean and brought to the facility for the purpose of swimming.

- Tuesday: 2:00pm – 3:15pm
- Clareview Recreation Centre (3804 139 AVE)
- Free with Leisure Access Pass
- For more info, please contact Lisa at 780-405-1264

Clareview Fitness

Improve your fitness level, learn about the equipment at the facility and meet new people! This group supports you with improving your overall fitness level and provides an opportunity to meet new people. The facilitator is at the program the entire time, and participants are welcome to exercise independently and ask questions as needed. Please bring a water bottle, comfortable clothing to exercise in, and clean, indoor footwear.

- Friday: 10:00am – 11:00am
- Clareview Recreation Centre (3804 139AVE)
- Free with Leisure Access Pass
- For more info, please contact Lisa at 780-405-1264

West Edmonton Programs

Prosper Place Social Games

Make friends and enjoy a variety of fun activities! Every Wednesday afternoon you can join us for some classic card/board games, hands on art projects, and more. Our monthly schedule is available at:

www.prosperplace.org

- Wednesday: 1:00pm – 3:00pm
- Prosper Place (10455 172 ST NW)
- For more info, please contact 780-426-7861

Prosper Place Yoga

The practice of yoga improves mental and physical health. The class will be adapted according to everyone's fitness level. Yoga is for everyone! Please dress in comfortable clothing designed for movement.

- Thursday: 1:30pm – 2:30pm
- Prosper Place (10455 172 ST NW)
- Free- yoga mats provided
- For more info, please contact 780-426-7861

AMSA Art Programs

AMSA Art Classes are now available online at:

- Facebook (Art Mentorship Society of Alberta)
- YouTube <https://www.youtube.com/channel/UC2Cfn2kLYPzGqzEf9DtUBTQ>
- Sign up @ [CLASS INFO - ARTMENTORSHIP SOCIETY OF ALBERTA \(artmentorshipab.com\)](http://CLASS INFO - ARTMENTORSHIP SOCIETY OF ALBERTA (artmentorshipab.com))

AMSA at the Nina

Join AMSA in creating beautiful works of art at the Nina!

- Friday: 1:00pm – 3:00pm
- Nina Haggerty (9225 118 AVE NW)
- Cost: \$2 drop-in
- For more info, please contact 780-909-7760 or artmentorshipab@gmail.com



<http://wellnessnetworkedmonton.com>

Call us at:

780-699-3252

Need Help?

24/7 Access Clinic

780-424-2424

Community Linking Members

Community Linking is made possible by the following organizations:

- AHS – Edmonton Zone: Addiction and Mental Health
- Art Mentorship Society of Alberta (AMSA)
- City of Edmonton Community Services
- CMHA
- E4C
- Edmonton Mental Health Clinic
- Forensic Assessment and Community Services
- Prosper Place
- Wellness Network Edmonton

We would also like to gratefully acknowledge the following for their ongoing support of Community Linking Programs:

- The Carrot Community Arts Coffeehouse
- City of Edmonton, Community Rec & Leisure Centers
- Nina Haggerty
- Plaza Bowl